

## USDA National Nutrient Database for Standard Reference Release 28

## Full Report (All Nutrients) 03051, Babyfood, dinner, spaghetti and tomato and meat, toddler

Report Date: October 24, 2015 17:02 EDT

Nutrient values and weights are for edible portion.

## Food Group : Baby Foods

Carbohydrate Factor: 4.1 Fat Factor: 8.9 Protein Factor: 4.1 Nitrogen to Protein Conversion Factor: 5.98

Nutrient	Unit	1 Value Per 100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
<b>Proximates</b>						
Water	g	81.60	1	--	23.13	138.72
Energy	kcal	75	--	--	21	128
Energy	kJ	314	--	--	89	534
Protein	g	5.30	6	--	1.50	9.01
Total lipid (fat)	g	1.00	6	--	0.28	1.70
Ash	g	1.30	1	--	0.37	2.21
Carbohydrate, by difference	g	10.80	--	--	3.06	18.36
<b>Minerals</b>						
Calcium, Ca	mg	22	6	--	6	37
Iron, Fe	mg	0.90	6	--	0.26	1.53
Magnesium, Mg	mg	15	1	--	4	26
Phosphorus, P	mg	45	1	--	13	76
Potassium, K	mg	163	1	--	46	277
Sodium, Na	mg	239	--	--	68	406
Zinc, Zn	mg	0.48	1	--	0.14	0.82
Copper, Cu	mg	0.020	1	--	0.006	0.034
Selenium, Se	µg	8.4	--	--	2.4	14.3
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	4.1	6	--	1.2	7.0
Thiamin	mg	0.062	6	--	0.018	0.105
Riboflavin	mg	0.101	6	--	0.029	0.172
Niacin	mg	1.558	6	--	0.442	2.649
Vitamin B-6	mg	0.083	6	--	0.024	0.141

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	1 jar 170g
Folate, total	µg	32	--	--	9	54
Folic acid	µg	26	--	--	7	44
Folate, food	µg	6	--	--	2	10
Folate, DFE	µg	50	--	--	14	85
Vitamin B-12	µg	0.23	--	--	0.07	0.39
Vitamin A, RAE	µg	22	--	--	6	37
Retinol	µg	0	--	--	0	0
Vitamin A, IU	IU	443	6	116.000	126	753
<b>Amino Acids</b>						
Tryptophan	g	0.065	--	--	0.018	0.110
Threonine	g	0.197	--	--	0.056	0.335
Isoleucine	g	0.268	--	--	0.076	0.456
Leucine	g	0.413	--	--	0.117	0.702
Lysine	g	0.313	--	--	0.089	0.532
Methionine	g	0.104	--	--	0.029	0.177
Cystine	g	0.066	--	--	0.019	0.112
Phenylalanine	g	0.241	--	--	0.068	0.410
Tyrosine	g	0.184	--	--	0.052	0.313
Valine	g	0.286	--	--	0.081	0.486
Arginine	g	0.284	--	--	0.081	0.483
Histidine	g	0.141	--	--	0.040	0.240
Alanine	g	0.269	--	--	0.076	0.457
Aspartic acid	g	0.470	--	--	0.133	0.799
Glutamic acid	g	1.297	--	--	0.368	2.205
Glycine	g	0.254	--	--	0.072	0.432
Proline	g	0.442	--	--	0.125	0.751
Serine	g	0.202	--	--	0.057	0.343